Abdominal pain also plagues many runners. While it might not be as comfortable to talk about with your running friends as shin splints or plantar fasciitis, if you’re dealing with pelvic floor pain

The runner’s guide to pelvic floor pain
Lower back pain. Yeah, no thanks. What’s a dude to do? You could ignore it and work out through the pain, use a foam roller to no avail, or check out these tips from Men’s Health Advisory Board member

These 5 lower back mobility exercises will keep you moving
Fibre can be a harder-to-get nutrient from a gluten-free diet. That’s because gluten-containing whole grains, such as wheat, rye and barley, are excellent sources of fibre. As well, many processed

Gluten-free ways to boost your fibre intake
We spoke with a trainer to give you a step-by-step guide to getting into the proper plank position. You’re also involving even more muscle groups than you would with just a sit-up or other

Here’s how to master a perfect plank every time
That’s why having a heating pad for cramps is a game-changer. However, as great as a hug sounds, Dr. Gaither doesn’t recommend keeping the pad in the same place for protracted durations of time. Plus,

13 best heating pads for cramps
AbbVie (NYSE: ABBV) today announced positive top-line results from U-EXCEL, a Phase 3 induction study, showing upadacitinib (45 mg once daily) achieved

Second phase 3 induction study confirms upadacitinib (rinvoq®) improved clinical and endoscopic outcomes in patients with crohn’s disease
There’s strong evidence that vaccination actually protects kids from getting COVID-19 and a rare inflammatory condition.

COVID-19 and a rare inflammatory condition.

Covid-19 shots unlikely to prompt rare inflammation in kids
A man in his 60s (64.0 kg; 161.5 cm) with a chief complaint of abdominal distension and vomiting was diagnosed with intestinal obstruction due to a transverse colon tumour by abdominal CT.

Standing position relieved the shoulder pain caused by subdiaphragmatic drain after laparoscopic surgery
Adjusting back to the lifting of COVID restrictions is something to celebrate.

Psychology today
New research opens the door to targeting constipation and other gastrointestinal disorders in children with autism spectrum disorder

Markers in saliva tied to gut disorders in children with autism
Virtual reality technology isn’t perfect yet, but it’s being used to improve telemedicine, surgery, health care workers’ training, and more.

How virtual reality is expanding health care
Since recreational marijuana has been legalized in many states, it would be safe to assume that jobs and other obligations simply fall in line with these laws, right? Unfortunately, that is not the

Best THC detox methods: Top THC cleanse product kits of 2022
Pre-workout supplements have been around for quite a while, so it’s understandable that the market is saturated with choices. Knowing which products work and knowing which don’t work takes a bit of

Top 10 best pre workout supplements of 2022 tested & reviewed
I have three of them. I share them with my wife. They range in age from 26 to 31. Geographically, they live upstairs and in the spare bedroom to 1,444